



Noticias de la Clase de Español

Trimestre Tres

Grades 3



Dear Families,

Trimester three, ***Soy Activo*** (I am Active) continues to focus on the theme of making healthy lifestyle choices. In this unit students will learn to discuss activities they can do to stay physically and mentally healthy. As a final project at the end of the unit, students will create a class video depicting their fitness choices to promote a healthy lifestyle.

Please see the Unit 3 Language Goals and Vocabulary listed below.
As always, if you have any questions, feel free to call or e-mail me.

Thank you! ¡Muchísimas gracias!

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Target Language Phrases:

¿Qué puedes hacer para tener buena salud?

(What can you do to have good health?)

¿Qué podemos hacer para tener buena salud?

(What can we do to have good health?)

¿Puedes _____ para tener buena salud?

(Can you _____ to have good health?)

Puedo _____.

(I can.....)

Podemos.....

(We can.....)

Sí/no puedo _____.

(Yes/no I can (not)_____)

Unit Vocabulary:

dormir 10 horas to sleep 10 hrs	comer bien to eat well	construir to build	cuidarse to care for oneself	aprender to learn	remar el bote to row the boat	cepillarse los dientes to brush one's teeth
hacer ejercicio to exercise	leer to read	bailar to dance	ducharse to take a shower	patinar to skate	básquetbol basketball	apagar la television to turn off the TV
plantar un jardín to plant a garden	nadar to swim	mecerse to swing	moverse to move	esquiar to ski	fútbol(Americano football)	practicar deportes practice sports
sacar el perro to walk the dog	correr to run	cantar to sing	bañarse to take a bath	crear to create	karaté, gimnasia karate, gymnastics	montar la bicicleta to ride a bike
saltar la cuerda to jump rope	hacer yoga to do yoga	deslizarse to slide	lavarse la cara to wash one's face	jugar to play	béisbol, deportes baseball, sports	limpiar la casa to clean the house
trepar árboles to climb trees	animar to cheer	soñar to dream	lavarse las manos to wash one's hands	pintar to paint	participar en____ to participate	lavar el coche to wash the car
jugar al pilla pilla to play tag		imaginar to imagine	cuatro cuadrados 4-square	dibujar to draw	dar volteretas to do somersaults	jugar al escondite to play hide and seek
tocar la guitarra to play guitar	flexions push-ups		hacer la cama to make the bed	tenis tennis	dar una patada to kick (the ball)	montar el caballo to ride a horse